



City of El Paso Wellness Initiatives for CY2012

All programs are Voluntary!

Human Resources
Insurance and Benefits Office
City Hall Third Floor
(915) 541-4208

http://www.elpasotexas.gov/personnel/insurance_benefits.asp

City of El Paso's Incentive Program

City of El Paso, TX

- \$10 discount on the premium per pay period, given:
- 4 out of 4 criteria is met:
 - Annual Physical Exam
 - **Biometric Screening*** (at selected facilities)
 - Health Risk Assessment on Aetna website
 - Registration on Medco website
- Premium deduction will continue for a rolling 12 months
- Aetna and Medco notify City monthly on completions

*You may schedule appointments effective 01/02/2012 at:

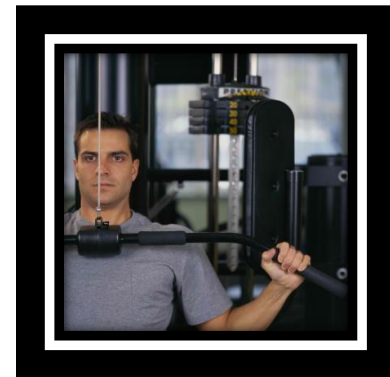
http://www.elpasotexas.gov/personnel/wellness_program.asp



Gym Membership Incentive Program

City of El Paso, TX

- Up to a \$10 reimbursement per month, given:
 - Employee attends a gym a minimum of 8 times a month
 - Completes the Lifestyle Incentive Application
 - Turns in proof of payment (except those enrolled under premium deduction for EP Fitness)
 - Turns in attendance record
- Two reimbursement applications periods are
 - January – June (turn in documents in July)
 - July – December (turn in documents in January)
- Reimbursement check will come from Aetna
- Employee must be enrolled in one of the Health Plans



Aetna and City of El Paso's Get Active Program

City of El Paso, TX

- This program should be rolled out sometime 1st quarter 2012 on Aetna website
- A self initiated incentive program where your activity earn you points
- 12 and 16 week programs, individually or team based
- You can focus on:
 - Exercise
 - Weight loss
 - Walking
 - Other physical activities
- You earn points per activity which you then redeem for gifts

